

# Summer Sanders Quotes

*Running, Kids, Sports, Swimming, Race, Brother, Thinking, Team, Workout,  
Swim, Athlete, Dad, Meals, Couple, Snacks, Water, Motivational, Honor, Heart,  
Color*

I enjoyed every bit of my swimming career. I think that's the most important advice - to enjoy what you do

~Summer Sanders

I love to swim. When I jump in the water, I feel like I'm 12 years old again. It's really funny how it does that to me.

~Summer Sanders

At 4, I joined a summer rec team called the Sugar Bears.

~Summer Sanders

For me, music makes my smile brighter during my workouts. It adds that extra something that motivates me to go further or work harder!

~Summer Sanders

Daily repetition matters when a kid is learning to swim. It can be 20 minutes in a lesson or an hour practicing for a couple of weeks.

~Summer Sanders

When I was training for the Olympics, I didn't eat the way I should have. I missed out on much-needed protein and opted for every easy carb.

~Summer Sanders

Here's what I've learned about eating healthy when you're busy: It's all about preparation. Make your snacks on Sunday, and you will be good to go until Thursday or so.

~Summer Sanders

Boston is the cream of the crop of the marathon world. It has such history that you feel such honor just being a part of it. All the other races have pacers to get you to a Boston qualifying time.

~Summer Sanders

It really was my brother who got me involved in swimming. I wanted to

be just like him and do everything he was doing.

~Summer Sanders

You can't go wrong with some nuts. The key word is 'some.' Eat them one at a time, not by the handful.

~Summer Sanders

Don't just tell your kids to be active and to get outside and play. Lead by example.

~Summer Sanders

It's hard to go out and practice every single day, and you get really tired. But you have to believe in yourself.

~Summer Sanders

When I was younger, I would eat everything.

~Summer Sanders

I've been barefoot most of my life: either flip flops or barefoot on the pool deck. Although you'd think that would make me a good candidate for barefoot running, that doesn't work with me.

~Summer Sanders

I don't care how much you're working out; when you go to put on that bikini, you're like, 'Oh no!'

~Summer Sanders

At the end of a marathon, it's going to hurt whether you're speeding up or slowing down. You may as well push.

~Summer Sanders

Running is how I clear my head and find my center again.

~Summer Sanders

The first mile is mental. The rest are all heart.

~Summer Sanders

Preparing mentally takes more out of you than the physical aspect of it.

~Summer Sanders

I slice up a ton of cucumbers, celery, carrots and red and yellow peppers. Keep them in your fridge so you always have something handy to curb your snack attack.

~Summer Sanders

Indoor pools just don't seem as inviting to me.

~Summer Sanders

The more sleep you get in before the clock turns midnight, the more rested you feel no matter what time your alarm goes off.

~Summer Sanders

Honestly, if I can plan out a few meals ahead of time, I feel much more organized.

~Summer Sanders

As a woman, you need to take control of your health. There's no harm in going in and getting checked out. Eventually, you have to ask yourself: 'Do I want to live at 100% or 80%?'

~Summer Sanders

Tennis is interesting because the women are almost more popular than the men. In the U.S. Open, women even get exactly the same money as the men.

~Summer Sanders

I think some parents fall into a trap, teaching their kids that everything is always perfect and everyone is always a winner.

~Summer Sanders

That's what I love about running - I feel like we all celebrate each other. Even if you're racing somebody at the finish, it's like you're in it together.

~Summer Sanders

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